MATERNAL MENTAL HEALTH: WHAT FAMILIES NEED TO KNOW

ANXIETY: PART 2

MICHELLE VISSER, LMHC, CEIS







ANXIETY

- American College of Obstetrics anxiety screening prenatally
- 20% of Perinatal Mood & Anxiety Disorders are anxiety
- 60% of moms with depression also have anxiety

American College of Obstetrics & Gynocology recommends at least I



POST TRAUMATIC STRESS DISORDER (PTSD)

Overly used term to define a stressful event

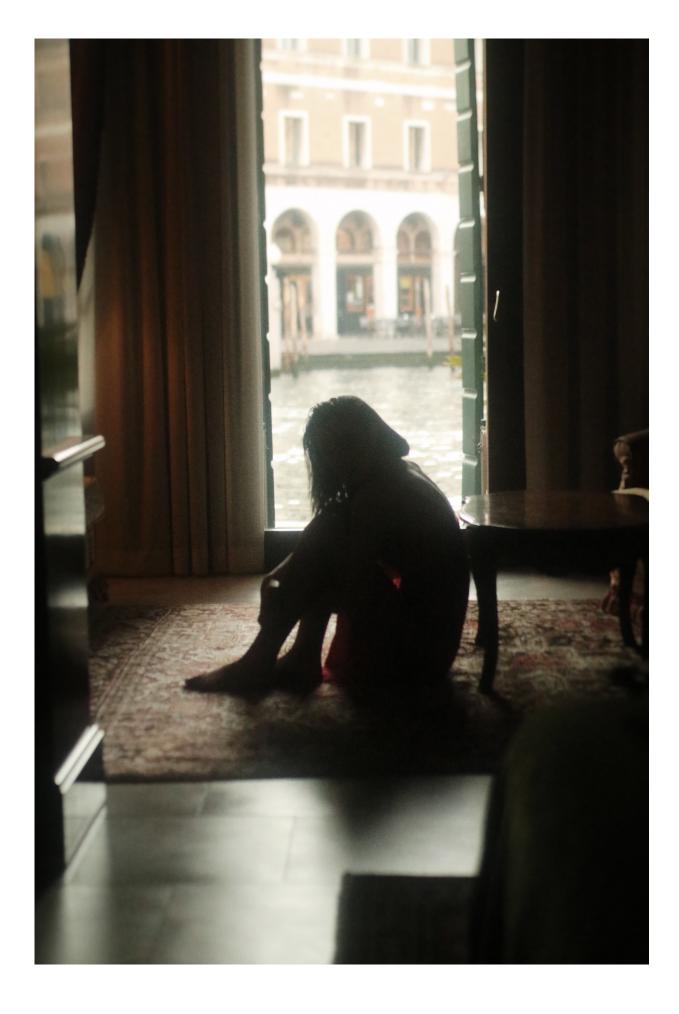
Est. 9% of birthers

Feeling powerless in birth experience = higher risk



- Exposure to actual or threatened death, serious injury or sexual violence
 - direct experience
 - direct witnessing
 - Iearning that a close family member/friend's experience
 - extreme, repeated exposure

- 2 or more after the event (I month):
 - irritable/angry outbursts
 - reckless/self-destructive
 - hyper vigilant
 - exaggerated startle
 - difficulty concentrating
 - sleep disturbances

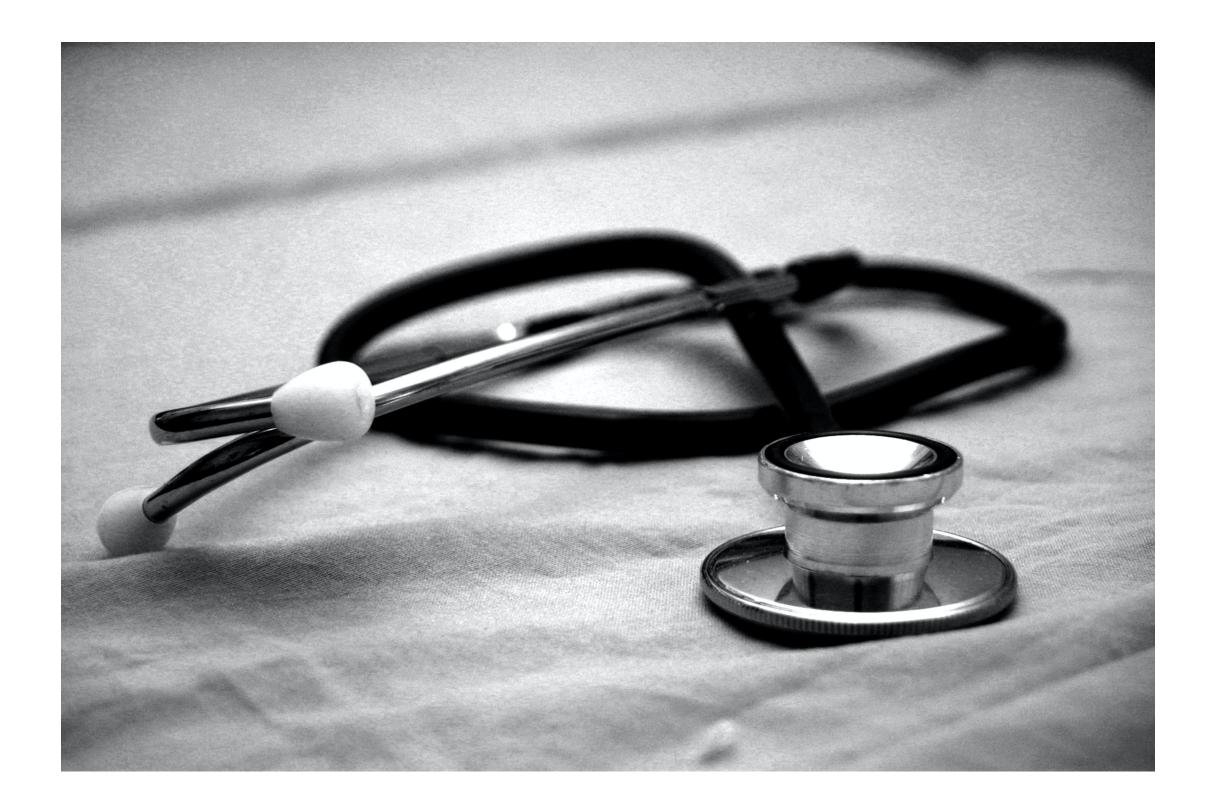


- > 2 or more:
 - unable to remember details of the event
 - persistent & exaggerated beliefs
 - persistent, distorted thoughts
 - persistent negative state
 - Iack of interest/participation in activities
 - feeling detached

- l or more:
 - recurrent, intrusive memories
 - dreams/nightmares
 - flashbacks
 - intense distress at symbols of event
 - physiological reactions

Persistent avoidance of stimuli

- > avoiding memories of event
- avoiding people/places associated with event



POSTPARTUM PSYCHOSIS

- Very rare (0.1-0.2%)
- Usually sudden/in the 1st 2 weeks postpartum
- Most significant risk factor
 - episode
- ► 5% suicide rate
- ► 4% infanticide rate



personal/family history of bipolar disorder or previous psychotic

PSYCHOSIS

- delusions/strange thoughts
- hallucinations
- decreased sleep need/unable to sleep
- paranoid/suspicious
- hyperactive

irritable

rapid mood swings

difficulty communicating

PSYCHOSIS

- Delusions aren't always violent
- "Break" from reality
 - delusions now seem real
 - being "told to act"
 - often religious
 - Seek help ASAP

Resources for help

- postpartum.net
- womensmentalhealth.org
- mmhla.org
- I-800-PPD-MOMS
- I-833-9-HELP4MOMS
- 9-8-8
- "MyBlue" Pregnancy portal page
- "MyBlue" Mental & Behavioral Health
- Programs Enhancing Member Health & Wellbeing



